



June 6, 2011

# IVHInsights

## Employee Services

by Kathy Bair

IPERS has extended the deadline to **June 30** for any employees who wish to makeup IPERS contributions (both employee and employer shares) on furloughed wages. Per IPERS rules, if the employee makes the election to do so, contributions are due on all furloughed wages that occurred from January 1, 2009 through June 30, 2011, and makeup contributions need to be collected as pretax deductions through the employer.

This is a reminder that if you want to do the furlough wage buyback, Personnel must receive the two-page election form, called "Application to Submit Contributions due for Furlough," by June 30, 2011. Election forms received in Central Payroll after the 06/30/11 deadline date will not be processed by Central Payroll.

Both the "Request for IPERS Benefit Estimate" and "Application to Submit Contributions for Furlough" forms are available on the IPERS web site or in the Personnel Office.



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*Left: Stan Freeborn, Rep. Royd Chambers, David Worley, Angela Doty*

## Commandant's Corner

The Army's Birthday: June 14, 1775. According to [www.history.army.mil](http://www.history.army.mil) When the American Revolution broke out, the rebellious colonies did not possess an army in the modern sense. Rather, the revolutionaries fielded an amateur force from various New England militia companies. They had no unified chain of command, and although Artemas Ward of Massachusetts exercised authority by informal agreement, officers from other colonies were not obligated to obey his orders. The American volunteers were led, equipped, armed, paid for, and supported by the colonies from which they were raised. In the spring of 1775, this "army" was about to confront British troops near Boston, Massachusetts.

Reportedly, at John Adams's request, Congress voted to "adopt" the Boston troops on June 14, although there is no written record of this decision. Congress authorized the formation of ten companies of expert riflemen from Pennsylvania, Maryland, and Virginia, which were directed to march to Boston to support the New England militia. These were the first troops Congress agreed to pay from its own funds, and later became the 1st Continental Regiment. George Washington received his appointment as Commander-in-Chief of the Continental Army, and formally took command at Boston on July 3, 1775.

**Happy Birthday U.S. Army.**

*Commandant David Worley*

## Welcome New Employees



*Front row: Stevie Hart, Kellee Jo Buchanan, Kerrie VandeMark, Sheri Castillo*

*Back row: Heather Pille, Teresa Yepez, Gina Rekers, Dave Ford, Zoey Kadner*

## EMPLOYEE HEALTH

by Patti Sharp

### June TB Tests

All employees with June birthdays whose last names begin with letters M through Z are required to have a TB test. The test will be administered in Employee Health on the following date and time:

**Monday, 06/06/11**  
**6:15 AM to 8:30 AM**  
**2:00 PM to 3:15 PM**

The test will be read on:

**Thursday, 06/09/11**  
**6:15 AM to 8:30 AM**  
**2:00 PM to 3:15 PM**

If you need to make other arrangements, contact Teresa Keith at ext. #4507. Testing must be completed by the end of the month.



**IVH Insights** is a twice-monthly publication of the Iowa Veterans Home.

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Call ext. 4397 or

send to PR/Mktg Dept.

## Heed Tornado Warnings *by Russ Pape, Safety Officer*

Joplin was a wake-up call. Tornadoes can be devastating and deadly, especially when the big ones take a direct shot at a population center. That doesn't happen too often, but when it does it reminds us that we never should take tornado warnings casually and always should seek shelter. Annual tornado drills at IVH give us time to practice our procedures.

Soon we will occupy new buildings at IVH. Severe weather procedures will be modified to include "how to use" the storm shelters that have been built inside the new structures.

The death toll from the Sunday tornado in the southwest Missouri city of 50,000 people has reached 142, making it the nation's deadliest single tornado since 1950, when the National Weather Service started keeping records. Moreover, tornadoes have killed more than 500 people this year, making it the deadliest tornado season since 1953. The 30 year average for annual tornado deaths is 55.

In the storms that followed in the days after Joplin, people reportedly heeded warnings and sought shelter because the Joplin devastation was top-of-mind. It is too easy to get complacent about tornadoes, not just because sometimes their appearance is limited to rural areas where damage and injury is relatively slight but because storm-chasing often is glorified in our culture. Consequently, we find people on their porches watching storm clouds as tornado sirens scream, rather than in their basements or other shelters where they should be.

Tornado warnings don't often give us much time to seek shelter, and people shouldn't rely just on tornado sirens. Modern meteorology does give us more warning than we used to have. People should play it safe, especially if they do have basements and other suitable shelters.

Joplin shows why. Just as, closer to home, Greensburg did four years ago and Parkersburg did three years ago.

### Laurene Garvis Named Nursing Services Director

Laurene began working at IVH in 1982 as an RTW, then a NUC. She left in 1993 to complete her RN degree and returned in 1995 as an RN. She was most recently a Nurse Supervisor 2 on Malloy 4 South.

Since 1995, Laurene has completed her certification in gerontology, obtained her BSN, attended Certified Public Managers training, and obtained her Masters Degree - - all while working at IVH.

Congratulations, Laurene!



## Training Department News *by Wayne Pierson*

**R.E.A.L. Committee Birthday.** It is hard to believe, but this spring the R.E.A.L. Committee turns 12 years old. In the spring of 1999, a group of employees were challenged with creating a way to recognize and encourage other staff. With the help of a \$250.00 donation from Dr. Dolan (then Director of Medical Services) we began our first efforts.

Through the work of all the committee members, support of IVH Administration and everyone else we continue to be a very successful and unique organization. We are proud to say that in all our years and events we have been self-sufficient in our funding. And, of course, that is because of each of you.

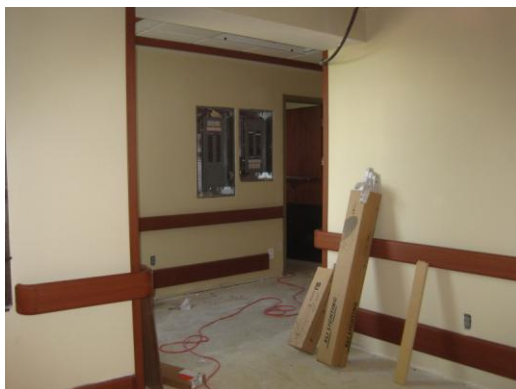
Our next event will be on July 15<sup>th</sup> as we are planning for free sno-cones that day and a door prize drawing. If you would like to donate any gift prizes and help us, please contact a committee member.

Thanks again as we continue to....

## Recognize Employee Achievement and Loyalty



## Facilities Management Department *by Kathy Shannon*



The Dack Day Room Expansion Project should be completed and ready for use by the first of next month. The painting and wall tile is close to completion. The ceiling grid is being installed on the 3<sup>rd</sup> and 4<sup>th</sup> floors. The artist has indicated that preliminary designs for the stained glass panels are almost complete. The committee will have an opportunity to review the designs before the artist begins production. Furnishings are expected to be delivered beginning in June.

The Fox building also continues to progress well. The punch list inspection for the interior has been conducted. The follow up inspection and the exterior inspections still must occur, but the commissioning of the equipment is occurring now. The exterior fencing will be removed so the landscaper can complete work around the buildings. The landscaping that is in place is a welcome sight of greenery around buildings that have been bare ground for so long. In one of the areas that has not had the landscaping replaced, a momma duck was sitting on her eggs (*pictured below*). She thinks the area is ready to inhabit, even if we are not ready! The Ulery building is continuing to make progress. The expectation is that the first couple of households will be completed soon.



The Dietary Floor Replacement project is almost completed. The Malloy LRC retrofit to become a temporary portion of the kitchen so that the flooring in the east half of the kitchen can be replaced has worked well. The maintenance staff installed a portable air conditioner in that space so that the heat generated by all the equipment would not make working in that area unbearable. In the east half of the

kitchen, the old flooring has been removed, the floor leveler installed and the tile is currently being placed. The walls will be repainted and the lighting and ceiling tiles will be cleaned or replaced in the next week. The area will be a much brighter place to work. Thanks to all the Dietary staff for their patience as we continue to work through the process.

The lighting project in Dack to convert the lights from the old T-12 bulbs to a more energy efficient T-8 bulb is complete. Beginning in June, the Malloy building will get the energy efficiency conversion begun as well. Maintenance will be replacing bulbs and ballasts in areas that are not frequently occupied and will work with each area to schedule the best time for lighting conversion in the occupied areas. Maintenance expects to complete the Malloy building by the end of December.

## FOOD AND NUTRITION SERVICES

*by Jane Linnenbrink*

The USDA is updating its recommendation for safely cooking pork, steaks, roasts, and chops: cook all whole cuts of meat to 145°F as measured with a food thermometer placed in the thickest part of the meat, then allow the meat to rest for 3 minutes before carving or eating.

This change does not apply to ground meats, which should be cooked to 160°F and do not require a rest time. The safe cooking temperature for poultry products, including ground chicken and turkey, remains at 165°F.

Now there are only three numbers to remember: 145 for whole meats, 160 for ground meats, and 165 for all poultry.

The three-minute rest time is a new addition. Cooking raw pork, steaks, roasts, and chops to 145°F with the addition of a three-minute rest time will result in a product that is both microbiologically safe and at its best quality.

Enjoy your summer picnics and be safe!



## Changes in Mental Health Department

Chaplains Craig Nelson and Angela Doty are now members of the Mental Health Department. Their offices will remain on the first floor of Dack.

Dan Judge (Psychologist) and Pat McGill, (Psych PA) have moved from their offices in Sheeler and are now located on the first floor of Dack.

Dan's previous office in Sheeler basement will be utilized for IVH Psychology and Psychiatry student interns.

Dr. Steenblock, Mark Minear, Isabell Lewis, Judy Dostal, Diana Stonewall and psych students are located in the Sheeler Mental Health Offices.

Everyone's phone extension will stay the same except we will have a new extension for the students in Sheeler basement.

## Upcoming Events

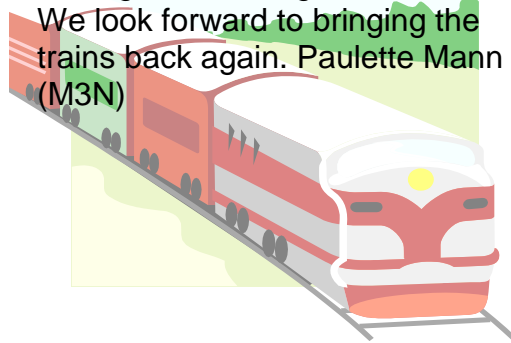
Day	Date	Time	Event	Location
Tues	6/14	9 am 1 pm	IPERS Law Changes Deferred Comp Basics	Whitehill Bsmt Conf Rm Whitehill Bsmt Conf Rm
Fri	6/10	8am-5pm	IVH Staff Golf Tournament	Grundy Center
Wed	6/22	8am-4:30 pm	Dementia training	Whitehill
Tues	6/28	9 am	Deferred Comp Distributions	Whitehill Bsmt Conf Rm
Mon	7/4		<b>Independence Day</b>	
Wed	7/20	9am-3:30 pm	Paid Nutritional Assistant training	Dack Bsmt Conf Rm
Sat	7/23-7/24		Marshall County Relay For Life event	MHS Track

## Announcements

Charlotte Blocker, cosmetologist in the Malloy Building, will be on vacation from June 22-28. Please plan accordingly.



On Saturday, May 7, the Iowa Central Modular Rail Club set up a model railroad in the Malloy LRC (*pictured left*). We had a great turn out. Thanks to everyone who came to see our trains. A special thanks goes to Bob Schippers (M4N) for bringing his train pictures and books to display. We had a great time visiting and hearing the stories. We look forward to bringing the trains back again. Paulette Mann (M3N)



## IVH Staff Spotlight – Mike Mathern *by Penny Cutler-Bermudez*

Mike Mathern is a Maintenance Repairer. Mike has worked for the State of Iowa for 24 years. Mike spent 12 years working at the Juvenile Home working with boys until he transferred to the Iowa Veterans Home 12 years ago in his current role.

Last year Mike took over full responsibility for Wheelchair Services with the downsizing that occurred due to the many retirements at IVH. Mike has done an amazing job of reorganizing the workload and prioritizing to meet the resident's needs. Mike maintains 474 wheelchairs currently with a little help from the bus drivers. He has an open door policy and always takes time to visit with the residents that drop in for a small adjustment or just to tell him a joke or story. Although the role has changed over the last year, Mike has taken on the new challenges with a great attitude and serves the customers well.

Mike was born and raised in Garwin, Iowa. Mike's wife, Betty, is an RTW on M2N, and they have two children and three grandchildren. Mike is a true family man and lights up when he talks about spending time with his grandchildren. Mike's hobbies include fishing, hunting, and spending time on his woodworking.

The thing Mike enjoys most about working at IVH is spending time joking with the residents in his shop. He said that people have asked him why he didn't retire and he can honestly say, "Because I like my job."

We are fortunate to have Mike in this role at IVH. He is a true asset to our department and I am proud of the work that he delivers every day. Thank you, Mike!

